

30 Days Of Magick

Living The Path Of Divine Wealth

— A Chaos Magic Paradigm —



Joel King

Foreword By Oliver P. Hart

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Foreword

Whether you are new to the craft or have been practicing for years, everyone wants to improve, gain insight or refocus our direction. Our path is our own. We create the very reality we live each day through every thought, action and word we speak. Let this powerbook be a guide for you to continue on your path to the divine through the empowering tool of Chaos Magick.



Joel King is one of the adept members of our Magick And Prosperity group. As one of my closest “understudies,” King often teaches my classes when I am traveling or engaging one of my other many endeavours. He is a gift to this world, and I’m sure you will find his gift to you, *this powerbook*, a very valuable addition to your magick book arsenal. So, go on. Let’s get

this (magick) party started.

- **Oliver P. Hart**

*(Author of Magick And Prosperity, Magick And Empowerment,
Millennium Magick)*

Introduction

While we will be delving into many ways to connect with our higher power, there is one rule, no matter what religion you are or what you believe, that holds true across the board. The rule of three: whatever you put out into the universe, you will receive threefold. Call it karma or any other name you like as long as you respect it. If you wish ill upon someone, it will come back to you with three times the force of what you sent out. All organized religions have their golden rule, as do pagans (whether they choose to follow or discard it). Paraphrased from Doreen Valiente who first wrote it, do what ye will, so long as it harms none. That includes yourself!

Another important aspect you should have at the forefront of your mind through the next thirty days is intent. The craft, however you choose to practice it, is all centered on intent. Paired with energy and focus, intent is the most powerful catalyst you have in your bag of tricks. It is one of the key ingredients to successful spell crafting.

Lastly, confidence is a necessary emotion in any kind of spell work and prayer. Having confidence in what you are doing, what you are feeling, and knowing deep down in your soul that a spell will work or prayer will be answered is as critical as intent. If you cast a circle feeling unsure it will work, chances are it won't. If you say a prayer for healing with doubts that the universe is listening or will help you, then you are probably right. As Henry Ford once said, *"If you think you can or you can't, you're right."*

Chaote vs. Eclectic Pagan

Many pagans are turned off by the terms chaotic magick. This is typically because they are either unfamiliar with the path or they prefer the

stricter rules of ceremony that the Gardnerian way or Wicca provide. A chaote is a practitioner of chaotic magick and are often disinclined to call themselves by this stigmatic name. Interestingly enough, they are not so very different from eclectic pagans in that they draw from all religions and spiritual paths to form their own unique path. **Chaotes will often follow one path, Buddhism as an example, for a period of time before changing over to Judaism or Catholicism.** Eclectics pull scraps and pieces from each religion and use what resonates with them to weave an original belief system. The core principle is belief. Chaotes feel belief is the tool for the craft. Regardless of what you believe in or which ceremony you perform, as long as you are wielding your belief, you are on the right path. Eclectics believe everyone has their own path and all should be celebrated in their own uniqueness.

If you are a practical witch, perhaps chaotic magick is something for you to look into a little deeper. Chaos does not necessarily mean crazy. It is a wonderful, ever changing path that can be very rewarding and sparks the divine flame within the witch.

What to Expect From This Book

If you are a beginner to the craft, I recommend taking notes and exploring terms you are unfamiliar with through further research. While it can be intimidating at times, it is worth the extra studying. When I first started down my path, I read so many books I began to see the different nuances each variation of paganism offered. It is like trying on new shoes to see which fits best for you. As an intermediate, you will hopefully find some new ways to see things. More than anything, if you are feeling disconnected from the divine, this thirty day guide will help you reconnect and form some new habits that will carry you further on your path.

We will be visiting many different spiritual methods as well as religions. It is best to have a well-rounded picture to paint for the clearest vision. Some of them you may be familiar with and others will be new. Just like sifting for gold, let the sand drop down and save the golden nuggets! There are some simple, effective spells, prayers and activities. Most of them are easy to fit into a busy work schedule, but one or two may

take longer so you may want to save them for a day off. Feel free to adjust the days to meet your life's schedule. It can be done even for those of us who have many plates in the air between working two jobs, having kids, and trying to balance spell work!

Abundance, love, health, and most importantly, connecting to the divine are all included in these thirty days. The word divine is interchangeable with universe, God(s), Goddess and higher power. There are so many names we call it which can be confusing. Use what feels good to you. After all, the purpose of this is for you to carve out your magickal path to the divine. I am merely offering different ways or reminding you of all the methods of connecting to the thread which connects us to all living things. At the end of the thirty days, you will have built up daily habits that will last beyond the month-long endeavor. However, just like a young plant you nurture, it takes just a little time each day to grow the seed of the divine that resides in all of us.

Basic Tools and Craft Supplies

It is not necessary to neither go out to your local new age shop and buy one of everything nor drop \$200 on Amazon.com to have everything you need to cast spells. For the purpose of this book, you will need a journal and a pen. Just about everything else can be found in the home or with small purchases at the dollar store or supermarket. That is the goal of practical magick: keeping it simple!

Some of the things you will need are **incense and a safe burner**. A small dish would work, too; just fill it with sand or dirt to catch the ashes. Salt is the all-purpose cleanser, purifier and protection ingredient. I recommend sea salt because it is purer than regular table salt, but either works. Sea salt is also easier to see when cleaning up because of its larger crystals. A few candles are needed; tealights work best for short spells while tapers are good for longer works of magick. You can inscribe words, runes or symbols on tealights by taking them out of their metal or plastic holder then placing them back when done.

Water is always present for all magick. One trick I like to do when I use it in a spell or for cleansing is to leave it in the sun or moonlight for a full day or night, respectively. Depending on what you want to use it for will determine whether sunlight or moonlight is appropriate. **If you are doing abundance, growth or increase, the sun is best.** For cleansing, divination, peace and love, moonlight is the optimal choice. You are empowering the water with a little “oomph.” Have you noticed a pattern here yet? The items you need are just representations of the four elements – **incense represents air, the candle is fire, water is obviously water, and salt can be the earth.** I like to have something to represent the divine or the God and Goddess. On my altar, I keep one gold and another silver to represent the complementary deities. I also keep a small pentacle which works as a symbol for both. Again, it is not necessary to use all these special items. Look around your home, see what strikes you. Check your spice cabinet for dried sage, too. This is the perfect spice for cleansing. You can burn it in a heat-safe dish. Remember, it comes down to intent and

energy. As long as the items you choose help reinforce your intent, be confident they will work.

Once you have items set aside for magickal work, it is important to cleanse them. **Objects carry energy.** When casting spells, you don't want to use "dirty" tools. Would you use dirty pots and pans to make dinner? It is very easy to cleanse your tools. You will need a bowl of water, a candle, salt and sage or incense that resonates cleansing for you. Place the items on a table or flat surface with the salt to the north, incense to the east, candle to the south, and water to the west. Each element has a direction with which it corresponds. To figure out where to place everything, determine where the sun rises (east) and sets (west). Light your candle and your sage or incense. Take each of your items one by one and hold them in your hands, repeating the following:

By fire, I cleanse thee (wave the object over the flame).

By air, I cleanse thee (wave the object through the smoke).

By water, I cleanse thee (sprinkle some water on the object).

By earth, I cleanse thee (sprinkle salt on the object).

Repeat for all the tools you have set aside. When you are done, thank the elements and use your fingers, a snuffer or water when putting out your candle. Never blow out a candle as it is offensive to the element of fire. Let the sage burn out or pour water on it. You have just completed cleansing! Your tools should have your energy tied into them, so they work in harmony with you. Hold them, use them and be familiar with them. If you let others touch them, you may want to cleanse them again. Other people's energy can affect your craftwork. The sole purpose of using tools, whether it is as simple as a bowl of water or the most elaborate athame, is to help your focus and strengthen your intent. This goes for any tools you may purchase or use from around the home.

Space and Time

Some witches will tell you to have every spell planned down to the phase of the moon, length of time the spell will take and even what color underwear you should have on that day! That takes much of the fun and spontaneity out of the craft. Often, I will cast simple protection spells if I am feeling vulnerable, or especially when I am cooking when the mood suits me. **It is all about focus and intent.** If you are feeling unfocused, you should not cast spells. This doesn't mean you cannot connect with the divine; you just need to find an alternative way and hold off on your spell work for another day. Things that can affect focus can vary from your cellphone vibrating or a house full of people to stress, illness and everyday life in general. You have to approach it with intent. If you do not live alone, you should work out a time when you are either alone or ask your family to give you some private time. Maybe place a "Do Not Disturb" sign on your designated place. This goes for any kind of crafting from meditation to chanting to full blown ceremonial work. Pick a time of day that works best for you and your loved ones, eliminate interference from the outside world, unplug and get connected with your true power source.

Utilizing moon phases, astrological signs and other correspondences for spell work certainly can add to your power; however, it doesn't mean you cannot have successful work without it. Quite the opposite actually. My favorite kind of crafting is done in the kitchen, as I feel making delicious meals is a magick in and of itself. This can be done with others around or mood music as that kind of distraction can add power to your meal. I still recommend turning off your cellphone, though. You can certainly plan spells out, and for important ones, I highly recommend it. Sometimes, it isn't always possible to do this especially with a busy life schedule. This goes back to doing what feels right to you. If you want to cast a full circle, skylad and have an entire altar set up, then by all means rock on! If you just want to sit in your car and quietly meditate on your inner spark that, too, is quite successful. **It's all about intent, energy and focus.** So as they say, let's get this (magick) party started.

The First Seven Days – The Initiate 7

Day 1: Gratitude

Feeling gracious for what already exists in your life is an essential piece to manifesting what you want in life. If you want abundance (or wealth), you need to be grateful for the money you have now. I prefer to use the word abundance because too many connotations are connected to “money” or “wealth.” Feel free to use one of these words if you like! **Every morning for the next thirty days, write two things in your journal for which you are grateful.** It can be anything you want: family, friends, love, children, career, or—my favorite thing in the morning—coffee!

When you feel gratitude, you are happy. Happiness begets more happiness. It is the essence of the divine. Believe it or not, the universe gives you whatever you ask for and does not recognize negative statements. If you say “I don’t want to struggle with money anymore,” all the universe hears is “struggle with money.” *Bam!* Your wish is the universe’s command. Whatever you think about, consciously or subconsciously, you will reap in your life. Change your thoughts; change what the universe sends you.

Day 2: Namaste Challenge

Namaste is a Hindu greeting that translates “bowing to you.” However, its more spiritual meaning is:

“The divine within me honors and bows to the divine within you.”

With that knowledge, your challenge is to say Namaste to everyone you come in contact with in your daily routine either silently or aloud. Say it to everyone from the cashier at your local coffee shop, the rude man who cut you off in traffic, your co-workers and your significant other. You will find an inner peace that permeates you throughout the day. Everyone has the divine within them, whether they acknowledge it or not. By honoring the spirit within them, you are illuminating your own spirit and growing closer to the divine.

Day 3: Candle Magick

For this spell, you will need a candle small enough to burn for the short duration you have (birthday candles are great for short time spans), a needle or something sharp with which to carve your candle and matches or a lighter. If you are using a tealight, you can remove it from the metal or plastic holder for the inscription. Candle magick can work anytime night or day, so choose when you feel the most powerful. For candle magick, I prefer the evening/night. There is something special about candlelight and the way it dances in the dark.

First, hold the candle between your hands and think about what you want to manifest. Remember to be grateful for what you already have! Don't be tense or tighten your muscles; just let the energy flow through you, like water or light traveling from your mind, down your arms and into your hands and the candle. Be confident that what you are asking for is in line with your life and the direction in which you desire to go. For example, if you want good health yet you stay up late every night, don't eat well and never exercise, you are not trying to go in the direction you are asking the universe. Your life will reflect your thoughts. If good health is what you are striving for and you are eating healthy, getting the right amount of rest and exercising when you are able to, asking the universe will be easy. It's all intent and focus.

Once you have charged your candle, take your needle and carve one word that summarizes what you want to manifest. If it something long and involved, you can pick the word that strikes a strong reminder of your request. If I wanted to manifest an extremely romantic night out with my significant other without kids, I would simply inscribe "date." It is all up to you.

Now that your candle is charged and you have carved your word of intent, light the candle and meditate over it as it burns. Keep focused on your desire. Don't berate yourself if your mind wanders a bit; just bring back your focus. Watch the flame; think about your wish going up through

the wick and into the universe. Imagine you already have your desire. Think about what you will do when you have received it and feel within your heart that you have it. Once the candle burns down, let it go out naturally. Your spell has been sent out to the universe. I recommend burying the wax remains and thanking the universe for helping you.

Day 4: Meditation before Bed

This will be a short one, but you can build up to longer, more in-depth meditations. I love listening to guided meditations. I often slip into a peaceful sleep when I listen before bed. This is ok! If you are tired, then that is what your body needs most. For this meditation, we will keep it simple. Read over the text before you go to bed. Once you are nestled in your pillows, close your eyes and slow your breathing.

Breathe slowly in through your nose and out through your mouth, pausing between breaths. Start at your feet and imagine a white light glowing at the tips of your toes. Flex and wiggle your toes, surrounding them with the warm light. Next, roll your ankles around seeing the white light travel, enveloping your toes, feet and ankles. Relax your muscles after you flex and roll your feet. Now send the light up your shins and calves. Flex and stretch them as the light surrounds them in warmth and love. Move further up to your knees bending them slowly, watching the white light in your mind's eye swirl around them. Next, let the light slide up to your thighs. Flex and tighten your muscles as the light continues to warm your legs. Allow the light to move up further to your buttocks, surrounding your entire lower body. Flex your glutes and relax your muscles from the waist down. Now let the light flow into your abdomen. Tighten and release your muscles, unwinding any stress that may be sitting in your gut. Let the white light cleanse your core. Watch the light glide up to your chest, filling your heart with warm love. The light encompasses your body from the chest down, warming you and making you feel at peace. Send the light down both of your arms and flex your biceps. Feel the light float around your arms and release any tension from the day. Allow the warm light to slip up into your shoulders and neck, warming the muscles there. Feel the tension you hold just melt away into the light. Now feel the light travel up through your face and head, circling through your mind and leaving you fully at peace. Release the light from the top of your head, watching it carry away any stress as it slowly leaves your body. You are at peace and will have a

restful night's sleep.

Day 5: The Tao of Pooh

One day, a close friend came to me and said, “If you want to understand how I think, read ‘The Tao of Pooh.’” The next day, he handed me a copy of the book. I was five years deep into my spiritual journey and was surprised I had not heard of it. It is one of those books that changed my life. It is a beautiful explanation of Taoism. In its essence, it is simply living with what life gives you. You work with and learn from everyday living by keeping things simple and drama-free and enjoying (by feeling gratitude) what you have in life. I recommend reading the book if you can, but there is a lovely web page that summarizes the book: <http://www.just-pooh.com/tao.html>

After you read the excerpt, ask yourself the following questions. Write your answers in your journal.

What two ways can you simplify your life?

What do you love in your life?

If you could change one thing, what would it be and how would you change it?

Now, spend the day (or if you do this in the evening, plan for the next day) trying to follow Pooh’s example of living. Yes, you will have challenges in your day. It is all in how you react to them. Roll with the punches, laugh and enjoy what life has in store for you. If you can change to this kind of thinking, the universe will hear you loud and clear, sending you more good things for you to enjoy.

Day 6: Color Correspondences

Every witch has a color correspondence they follow religiously (pun intended). However, as an eclectic or chaote, you may want to have your own color correspondences that change or evoke certain feelings at certain times, regardless what is considered “law.” I recommend you spend some time with colors and write down what emotions they stir up within you. For example, lavender or lighter purple brings to mind love for me because of an association I made long ago. Red can conjure love or anger in different people. Your activity is to write down the colors listed below in your journal and think about what they make you feel. You can use free association by looking at a color and writing down every word that comes to mind.

White	Purple
Black	Green
Red	Pink
Blue	Silver
Yellow	Gold

I recommend choosing only 2-3 colors a day to think on; you don’t want to mix emotions with sensory overload. Take your time and be thoughtful. Once you have your own color correspondences, you can match them up with a traditional list. You can find these just about anywhere online to see how close you are. It does not matter if a color feels different to you. This is your own unique correspondence.

Day 7: Recap

It is so important to write down information about your spiritual path. Describing how things made you feel, whether something was successful, what tools you used and how you used them are all essential details to help build your knowledge and confidence! Take a few minutes to think about this past week and answer these questions in your journal.

What felt good to you this week?

What didn't meld with your beliefs?

What activities did you like, but want to change to make your own?

After the first 7 days, how do you feel spiritually?

The beauty of being a chaote or eclectic pagan is the path is all your own! Make it yours and be confident that you are growing closer to the divine.

The Next Seven Days – The Adept 7

Day 8: Aura Cleansing

Seeing auras is not that difficult, however it can take some practice. You need to simultaneously relax your eyes and blur your vision. Don't look directly at the subject, but more at the area surrounding the person. Practice as much as you want, however it exists whether you can see it or not. Unfortunately, over time they can get dirty from negative thoughts or other people's bad energy. Here is an exercise for you to cleanse your aura, whether you can see it or not.

Fill a bowl with water and 7 pinches of salt. Seven is a very magickal number and is often used in magick. This can be done anywhere in your home; the key is to remain focused and visualization. Place the bowl next to you on a counter or table. Make sure you are aware of its location, as you will have your eyes closed. Stand and close your eyes, imagining a dirty white cloud surrounds you (kind of like Pigpen from *Peanuts*). Set your hands in a claw-like shape and "scrape" the dirt off your aura surrounding your body. Only touch your aura, not yourself, which is about 3-6in around you. After running your hands across your aura, you are holding negative energy which needs to be discarded into the bowl of salt water for neutralization. Continue to do this until your aura is clean and you can imagine a soft, white light surrounding you. Dispose of your bowl of water outside, away from your home. While the negative energy is neutralized, the water's power has been used and should be returned to the earth for recycling.

Interestingly enough, I have found I feel lighter after cleansing my aura, as if the negative energy had been weighing me down. When you have completed your aura cleanse, write down in your journal what you did and how you felt when you were done. The information is very valuable!

Day 9: Shower Cleansing

Similar to aura cleansing, this is to help shift your mind to a more positive way of thinking. When we are in the shower, naked and vulnerable, we tend to think. Sometimes it is about how we look, what is happening at work or what our plans are for the day. No matter what, our minds are constantly going, whether we are aware of it or not. In this exercise, you will be releasing negative thoughts and seeing them disappear down the shower drain. Start your shower, and, before any washing, stand facing north with your arms folded across your chest. Close your eyes and repeat with force, “By the powers of the north and earth, I release all negativity!” Thrust your hands down to your sides with force. It’s an effective feeling if the water is running over you and you actually throw water off your arms as if you’re physically casting off the negativity. Next, turn clockwise to face east, place your hands back across your chest and say, “By the powers of the east and air, I release all negativity!” Once again, thrust your arms forcefully down. Turn facing south with your arms crossed and say, “By the powers of the south and fire, I release all negativity!” Lastly, face the west and say “By the powers of the west and water, I release all negativity!” Let the water run all over your body from the top of your head and watch it swirl into the drain. You will feel so good doing this! I often get vibrational shivers as I feel the negative thoughts and energy leave my body, replaced by a refreshed and energized feeling.

When you are done with your shower, grab your journal and jot down notes on how you felt. Include any steps you changed or added.

Day 10: Circle Casting

When you are working with a particularly tricky spell, or sensitive in nature for example, inviting a deity to join you, I highly recommend casting a full circle. The purpose of the circle is to keep the energy within until you are ready to release it. It also keeps any stray energy out. When you cast a circle, you are creating a bubble. The circle is the diameter of the bubble, but it extends over your head and below you in equal measure. “As above, so below” is common principle in paganism. The most important thing in casting a circle is focus. Second is confidence. It may sound repetitive, but I promise you the more you hear it, the more you will know and believe it. You can cast circles with anything from a fancy wand, rope, salt, or simply your finger. Tools are there to help you focus and aid your intent. You don’t need them as long as you believe in the circle you are casting.

The first step is to choose an area in which you will not be disturbed. As stated above, focus is the most important factor. For this exercise, we will be using salt and your finger to cast the circle. You don’t need any “magick” words to cast the circle. In fact, as a beginner, I recommend you stay focused on visualizing the white bubble you are creating. Some witches like to call the quarters before casting their circle. Personally, I enjoy this aspect of circle casting. Choose the size you want your circle to be. It can be just big enough for you to fit inside or you can cast one wider that requires you to walk around when making the circle.

Calling the quarters (do and repeat the following):
Face the East and raise your arms up above your head:
“Hail to the Watchtower of the East, element of air;
I invite you to watch over and protect this circle of magick
And those inside it.”
Face the South and raise your arms above your head:
“Hail to the Watchtower of the South, element of fire;
I invite you to watch over and protect this circle of magick
And those inside it.”
Face to the West and raise your arms above your head:
“Hail to the Watchtower of the West, element of water;
I invite you to watch over and protect this circle of magick
And those inside it.”
Face to the North and raise your arms above your head:
“Hail to the Watchtower of the North, element of earth;
I invite you to watch over and protect this circle of magick
And those inside it.”

You have just called the quarters. Feel free to add, change, or use your own calling of the quarters. Always remember to thank the Watchtowers individually at the end of your magick.

Next, you are ready to make your circle. For best results, I like to walk my circle three times. Three—like seven—is a powerful number in magick. The first time you walk the circle, sprinkle salt and imagine a white glowing light connecting each salt crystal. The second time you walk the circle, point your finger to the circle of salt, imagining a white light pouring out of your finger and into the circle. Keep the thought of protection in your mind. The third time, walk your circle with your finger pointed again, thickening the white light barrier. Similar to when you dispense whipped cream, the light should thicken with each pass at the circle. After your third pass, come to the center of the circle, raising your arms above your head, bringing the circle to a close above you. Then sweep your hands down towards the floor, imagining the bubble extending below you as well. Your circle is cast.

Now that you have made your circle, you are protected from energy, spirits, and other magickal interference. However, it does not protect you from physical interference. Imagine going through all of that just to have your cat walk through your barrier, essentially popping your magickal bubble! Ensure you will not be disturbed by family members, pets or any other physical interference. Once the barrier is crossed by a physical subject, the magick is no longer protected or contained. You will need to start over.

When you are done with your magick, you will need to undo the circle. It is quite simply doing what you did in reverse. First, walk counter clockwise around your circle, imagining you're removing the white light like a vacuum sucking it into your hand. Walk three times around as you did to cast it. Then, release the quarters, thanking and bidding them farewell until you meet again. If you performed a spell that needs releasing, I like to sweep my arms up into the air saying, "As I will, so mote it be." It feels like it puts finality on the spell. Lastly, make sure you ground your energy! Even the most simplistic of spells can leave you supercharged with energy.

Place your hands on the ground and send the energy down into the earth. Visualize it traveling from your body, down your arms and into the earth. Your circle casting is complete!

Day 11: Finding Your Spirit Animal

Some pagans or witches call it “your familiar.” I lean towards the Native American view on this where it is an animal that represents your inner soul or spirit. Everyone thinks they want something cool or edgy like a tiger or wolf. This exercise is very easy as long as you keep an open heart and mind. Even the smallest creature holds great power. Native Americans use drums in many rituals because it is a conduit for building energy. If you are fortunate enough to own one, feel free to use it in this ritual. Personally, I search YouTube for good Native American drum beats. Using your own drum has a unique power signature, so if it is possible for you, I recommend it. It won’t affect the outcome if you use a recording. Remember, the tools we use only help us focus. As long as you maintain focus, you don’t even need a drum.

This is one of those rituals I would ensure you will not be disturbed. It is one in which it requires you to drop your ego. First, choose a space (either indoors or outdoors) that you can move around and dance freely. Start by sitting and letting the drum beat fill you up. Breathe deeply and feel the rhythm of the drum. Visualize the energy of the earth coming into your body like roots to a tree. Continue imagining the energy from the earth extends from your body like growing branches. As your energy grows, so does the tree. Relax and allow the energy to flow through you and expand. Once you feel deeply connected, stand up. If you are drumming, keep doing so and speed up the rhythm. In a clockwise motion, start to move in any way you like to the music. Keep your heart and your mind open, letting your ego stand down. Begin dancing, and as you do so, mentally call out to the universe inviting all animal spirits to join you in your dance. You will start to feel spirit presences around you, perhaps even hear a roar or a birdsong. Keep dancing in a clockwise circle, paying attention to how you are moving your feet and if possible, your arms. Continue communing with the animal spirits. You will feel a connection to one, as if they are slipping

into your body and becoming part of your soul. This is your spirit animal or your familiar. Greet them and dance with them. Stop dancing when you are ready and slow your breathing. Welcome your spirit animal and get to know them.

Be sure to write this experience down in your journal! As you get older, events will happen that will help you grow or shift your perspective. Chances are your spirit animal will change. This is a good ritual to perform every so often to connect with your spirit animal. During challenges in life, it is good to feel connected to your familiar and gain strength and wisdom from them.

Day 12: Deities and Pantheons

You are well into your reconnection to the divine; now it is time to meet a few of the many deities in this universe. They all belong to a pantheon or cultural collection of deities. For example, I identify with the Celtic and Greek pantheons. Interestingly, I do not like nor feel comfortable with the Egyptian pantheon. Once you start studying, you will connect with one or several pantheons.

Deities are not the end-all higher power, but an aspect of the divine. As humans, it is impossible for our mind to conceptualize the divine. We can feel it, but to envision it and all it encapsulates? It is impossible at this time in our waking consciousness. The deities we invoke or request aid from are incredibly helpful. Before you go calling Brighid of the Celtic pantheon to join you in a spell, for example, you will need to get to know her first. If you needed help fixing your sink, would you go outside and call to the first stranger you see, asking them to come in and help you? It is highly rude to the divine to expect aid from them when you don't even know them. The list of gods and goddess within the pantheons is extensive. Listed below are some pantheons for you to research. To avoid overload and confusion, focus on only one or two a day to research and write about in your journal. The deities in a pantheon have the same characteristics across every collection; they just have different names and cultural stories tied to them that conjure a certain feeling that strengthens your intent.

List of Pantheons:

	Celtic	Norse	Hindu
Egyptian			
	Welsh	Scottish	Greek
Roman			
	African	Japanese	Mayan
	Slavic	Incan	Native American
Chinese			Germanic

This is not a complete list, but certainly covers a majority. Read over them and, if you feel a tug to one or two, perhaps those are the ones you should research first. Some may repel you, which is perfectly normal. Choose what feels right to you!

Day 13: Morning Hindu Chant

Hindu chants are a beautiful way to begin your day as they can relieve stress and worry and help put your body and soul in balance. I recommend chanting along and using headphones, although they are not necessary. You can search YouTube for ones you like using keywords like “morning Vedic mantras” or “morning Hindu chants.” This one is gorgeous: <https://www.youtube.com/watch?v=yypUiwkJC18>

When you have completed this ritual, record your experience in your journal.

Day 14: Review the Last Seven Days

What a fun week! You are halfway through your month-long experience. Break out your journal and ask yourself the following questions:

Of all the activities, which resonated the most with your soul?

Did anything repel you or feel forced?

Choose the activity that felt best and research it more. You are in the middle of creating your very own path, one that feels good and fits your soul. Be confident in your choices!

Seven Days More – The Power 7

Day 15: Banishing and the Rule of Three

There are always things we do not want in our lives. It could be something small like weeds growing in our driveway to an extra ten pounds that we want to lose or something more serious like a relationship that is no longer healthy. Banishing is by no means “dark magick,” but keep in mind that for every action of energy, there is an equal and opposite reaction. That is the basis of the rule of three. Something else to keep in mind: the universe has a quirky sense of humor, so be careful for what you wish! Say you want to banish your boss and have them out of your life for good. If you do a banishing spell with that intent, the universe may respond with you losing your job. Your wish is the universe’s command.

Choosing how to word things is imperative in any spell casting. Often, it is better to flip it to manifest what you want in your life. If you want to lose weight, then focus on being your ideal weight or specific size you want to be. If you want to be rid of an unhealthy relationship, then manifest a healthy relationship.

Banishing can come in handy though. If perhaps you have been feeling negative or your home has some negative energy, this will be perfect for you. You will need sage, a piece of paper, a pen, a candle and two small dishes: one for burning the sage and the other for your paper. First, write down what you want to banish. In this case, negative energy is the culprit.

“I want to banish all negative energy from my home
and negative thoughts from my mind.

May this spell harm none. So mote it be!”

Once you have written your wish, light the sage. Watch the smoke as

it flows around your space; visualize it dissipating the negativity. Now, light your paper on fire and place it in the dish. Watch as it burns, thinking positive thoughts as it carries your desire up into the universe. When it is completely burned and cooled, take the dish outside and cast the ashes into the wind. You should start feeling an immediate benefit from this which will grow stronger over time. You can repeat this anytime you like or even burn a little sage in a room you wish to cleanse. Sage acts as an all-purpose energy cleanser.

Day 16: Growing/Increasing the Good in Life

This is one of my favorite spells to cast in the spring. It is a time of rebirth, renewal and new beginnings. You can do this spell one of two ways. You can purchase a small flower pot, some potting soil and some plant seeds. You can also just plan to sow your spell straight into the ground in your yard or a spot you often go. You will once again need a pen and paper to write what it is that you want to increase or manifest. Love is a wonderful choice. If you want to grow love into your life, write down as specifically as possible what you want. An example would be:

“Bring love into my life

One that will grow and stand the test of time.

Love that will light the flame of passion

Starting as a sprout and growing for years to come.

May it harm none, as I will, so mote it be!”

Fold your paper and place it in the bottom of your flower pot. Top with potting soil and plant your seeds into the pot. Care and nurture for your seeds as they grow into sprouts and on to blossoms. What I love about this ritual is the plant serves as a constant reminder for you to focus on your goal. Remember, you must act in harmony with what you want to manifest. If you want love in your life, make room for it. If you have no time for a love life for whatever reason, you aren’t welcoming love into your life. Try sleeping on one side of the bed. Make space in your closet for another person’s belongings. Make time in your schedule for social events. Act as though you are receiving what you want and the universe will deliver.

Day 17: Protection Spell

You have been practicing varied rituals and spiritual activities, almost all of which require some form of visualization. Just like we exercise to build our muscles, we have to exercise our mind to be able to visualize stronger and longer. This is a very simple spell, but requires strong visualization. You don't need anything except your mind, which is ideal because this may be one you need "on the fly." I use this often when I am driving in bad weather or if I am walking in an empty parking garage at night. (I've probably watched too many crime shows!)

Take a minute or two to clear your mind and slow your breathing. Take three deep breaths and imagine a bubble of bright, warm white light surrounding you. If you are driving, imagine the bubble around your car. Reinforce the light with more layers of white light as you make the light swirl. As you imagine this, repeat the following:

"By the power of three times three
White warm light, protect me."

Be confident as you say this, knowing nothing can penetrate your magick bubble. As you walk or drive, keep imagining the white light surrounding you until you safely arrive at your destination.

Day 18: Overcoming Obstacles

Every day, there are challenges to overcome. Examples include managing your time to accomplish everything you want, solving problems at work and helping your kids with homework. It could even be something bigger like having enough money to go on your dream vacation. Whatever your obstacle is, this is an easy spell to use and aid you with your intent. You will need a transparent glass and an ice cube. Imagine the ice cube as your obstacle. Place it in the glass and watch it melt. This exercise takes a little patience. As the ice cube melts, so does your obstacle. Keep your focus on the ice cube until it is just water. Take the glass of just water and flush it down the toilet. This will help your intent of eliminating the obstacle. Remember to keep your actions in harmony with the end goal in mind. If you need money for that dream vacation, don't go on a shopping spree at the mall!

Day 19: Sabbats and Holidays

The Sabbats are so much fun to celebrate because they coincide with nature's wondrous events. Where I live in New England is a perfect pagan cycle of living with nature and celebrating all her changes throughout the year. If you live in a climate like the one found in southern California, this by no means should inhibit you from celebrating the Sabbats. There are holidays in every religion, all beautiful and worth celebrating in their own right. We will only be covering the pagan ones in this section. Your activity is to choose one for which to plan a ritual for and celebrate with joy!

February 1: Imbolc

This is the start of the growing season, originally dedicated to Brigid, the goddess of fertility. The day is known as St. Brigid's Day in Christianity. It is halfway between the winter solstice and spring equinox. The end of winter is near and we begin to shake off the cold weather and snow. In some ways, it is like coming out of hibernation so we can plan the new growing season. It is a celebration of the coming light, spring and new beginnings. Celebrate with candles, bonfires or any kind of natural light. It is a time of cleansing—like spring cleaning—in preparation for spring.

March 20/21st: Ostara (Spring Equinox)

Now is the time for planting as Ostara is a day of fertility and rebirth. If you live in northern climates, it is best to begin planting seeds indoors at this time. Southern climates can sow your gardens. We plant both physical and spiritual seeds for food and beauty. As previously mentioned in the "Growing/Increasing" section, this is the perfect time of year for that spell. We plan what goals we want to nurture through the next four Sabbats, ending with full harvest. The roots of Easter are based in Ostara. The Christians "borrowed" many of the pagan holidays when converting the masses from old ancient religions to Christianity which made the transition easier. Many of the symbols of Easter come from Ostara (rabbits or Easter bunny representing fertility, for example). Plant your spiritual seeds and nourish them through the season.

May 1st: Beltane

Beltane, also known as May Day, honors the living or life in general. Being the last of the spring fertility Sabbats, it is celebrated with bonfires and watching the seeds planted at Ostara begin to sprout. Celebrations often begin at sunset on April 30th and continue through sunrise on May 1st. It marks the start of summer, the reawakening of the earth as trees and flowers begin to blossom. By celebrating with bonfires, we symbolize the sun's warmth and light and honor the divine to keep the young crops safe from late frosts or other factors that could harm the harvest throughout the season. Beltane is one of the most joyous of the Sabbats.

June 20/21st: Litha (Summer Solstice)

The summer solstice is a magnificent Sabbat, celebrating the longest day and shortest night. It marks the turning of the Wheel from light to dark, waxing to waning of the year. The growing season turns into the harvest season. The best way to celebrate is to enjoy a day in nature, reveling in her beauty in the summer season. Connecting to the divine is as easy as spending some quiet time listening to the birds singing, rustling of the trees and, where possible, the purr of a river flowing or waves splashing on the beach. Revisit the seeds you planted at Ostara. How are they growing? Are you nurturing them regularly? What further actions can you take to ensure a good harvest of those spiritual seeds?

August 1st: Lughnasa

Summer is in full swing and we begin harvesting early crops like peas, strawberries and early grains. The earth is in her full splendor with flowers, greens and warm weather. Now is the time to take stock of what we have planted and what we are going to harvest in the next two Sabbats. What actions have been successful? What have we gained so far in our journey? To ensure a bountiful harvest, we must continue nurturing our souls.

September 20/21st: Mabon (Autumn Equinox)

The second of the harvesting holidays is a time of celebration of food. There is an equal amount of day and night, the crops have mostly been harvested, the fields are turning brown and leaves are changing color. The warmth of summer is fading and we know the harsh winter lies ahead. Celebrate what you have achieved in the growing season, reap the benefits of your spiritual growth and begin to store your harvest to sustain you through the winter. Mother Nature is turning to her darker side; she is represented by the mother, soon to become the crone. What wisdom have you gained? What good habits have you formed that you will take with you into the winter months? Celebrate Mabon by writing in your journal and baking bread to share with your friends and family.

October 31st: Samhain

My most favorite Sabbat of all, which obviously coincides with Halloween, a primarily children's holiday borrowed from the pagans. Costumes are so much fun to incorporate into any celebration. Samhain, pronounced "sow-en," honors our ancestors and the dead. It is the final harvest where what we have reaped must last us through the winter. No more actions can be taken to grow and foster our plants that are now dying in the fields. Mother becomes the crone, the old wise woman. We honor our ancestors by thanking them for all the wisdom they have bestowed upon us. The veil between the worlds of the living and dead are always thinner at the major Sabbats, but are perhaps the thinnest at Samhain. One way of celebrating is to prepare a large meal to share with friends and family. An extra place setting is set at the table to represent those who have come before us. Fill the plate with food as the spirits of your ancestors will join you. Once the meal is complete, put the plate on your doorstep. The essence of the food will be consumed by passing spirits. It is an honoring to the dead and serves as protection for your home on this night. If you find an empty plate in the morning, you have not only fed the spirits, but maybe some fairies as well! It is considered the pagan New Year's Eve as everything has died and we are headed into the darkest of days until the winter solstice. Samhain is also the perfect time for banishing the unwanted things in your life. Use the banishing spell you learned earlier or create your own.

December 21st: Yule (Winter Solstice)

The longest night of the year and we are surrounded by the cold. Our bountiful harvest gets us through the difficult months, sustaining us until spring. Yule is the last of the holidays of the calendar year. The Oak King is reborn (sound familiar?) and light will be growing each day moving forward. It is a time to celebrate the light with candles, candles and more candles. A fire in the hearth and a good meal from our earlier harvests are excellent ways to welcome in the light. Yule logs—never bought, but given or found in the woods—are decorated with evergreens and burned all night in the fireplace, letting it smolder for as long as possible to help bring in the light. We know spring is coming and we will have more light with each passing day. The giving of gifts and sharing your bountiful harvest are wonderful ways to celebrate this holiday.

Day 20: Divination

There are many methods of divination from tarot cards to scrying in a bowl of water to using a pendulum. To keep things practical, we will discuss the pendulum. You can make one very easily with some thread and

a weighted object such as a pendant or stone. Tie the thread around the object making sure it is secure when you hold the thread about 6 inches off your table surface. Holding a piece of paper “landscape” style, write “yes” on the left side and “no” on the right. This activity is best done while sitting at a table. If you like, burn some incense, light a candle or both! Clear your mind and slow your breathing. Hold the thread in your hand, letting the pendulum swing freely over the center of the page. While doing this, ask some mundane questions for the pendulum to recognize your energy and which side is yes and no. Examples of mundane questions are:

Is my name [insert your name]?

Do I live in [insert name of town/city]?

Am I male/female?

Keep asking these types of questions until you have three correct answers in a row. This means the pendulum is reading your energy. Now focus—with intent—on what you want to divine. Be specific and keep it to yes or no answers. Jot down your questions and your answers in your journal.

Day 21: Recap Your Week

This has been a knowledge-filled week! Pull out your journal and ask yourself the following questions:

How confident did you feel in your spell work?

Rate each spell on a scale of 1-10 where 1 equals no confidence at

all and 10 equals extreme confidence.

Make notes on what you want to practice to gain more confidence.

The Last Seven Days – The Clever 7

Day 22: Abundance Affirmations

Affirmations are a great way to rewire the thought pattern in your brain. There are a few tricks to making them work properly. First, there is a big difference between saying “I will be wealthy” and “I am becoming wealthier every day.” Using a future tense such as “will be” means continuously in the future. When you use an active verb, it is much more effective. Affirmations go hand-in-hand with being grateful for what you already have. If you want to wire your brain to think more positively about money, repeat these affirmations whenever you think about your money challenges:

I am growing in wealth every day.

I am abundant in every way, especially money.

I am a money magnet and can afford all my bills.

Another trick to changing the wiring of your mind for abundance is when you see something you want to buy. When you have negative thoughts such as “That’s too expensive” or “I can never afford that,” try asking the simple question: “How can I afford this?” By putting it out into the universe, an answer will come to you. If it is something you really want or need, feel gratitude for the things you already have. Ask how you can afford it each time you think of the item. Affirmations work with confidence and the proper wording.

Day 23: Vision Board

This is perhaps the most fun of all manifesting activities because it is all encompassing and can literally change your life. To make a vision board, use a poster board of any size, pictures of everything and tape or a glue stick! The key is to choose pictures of what you want most in life: a new home, a new car, money, a tropical vacation, love, children, a certain piece of furniture, the perfect pet, etc. Whatever you want, find a picture of it and put it on your vision board. Now, it may not manifest immediately, but I promise you it will come to you at exactly the right time. Always remember to be grateful for what you already have.

Day 24: Kitchen Craft

You can practice practical magick every day, right in your own kitchen! I often speak to and ask the aid of Hestia, the Greek goddess of home and hearth. She is a wonderful kitchen guide and sometimes will whisper in my ear if I am about to add too much salt to a dish. I light a candle for her and revel in the craft of cooking. Here are some guidelines to making your food magickal:

Always stir your food and sauces clockwise.

Use odd numbers with spices (i.e. 7 turns of the pepper grinder).

Most important of all, think loving thoughts when cooking. Have fun and enjoy the process. The best meals are imbued with love and joy, as they are the secret ingredients!

Day 25: Herbal Infusions and Tinctures

These are great to use for all kinds of magickal purpose. Using the right herbs for aiding intent in spells can add some real “oomph.” There are many authorities on what herbs are best for what. The most comprehensive guide is by Scott Cunningham called “Encyclopedia of Magickal Herbs.” As for making infusions and tinctures, the principles are the same.

Tinctures are made with alcohol. Personally, I prefer to use 100-proof vodka because it doesn’t have a scent. All you need is a small jar to place the herbs inside. Don’t fill it to the top; only about 2/3 or 3/4 of the way up. Cover the herbs completely in the alcohol, ensuring no part of the herbs are above the alcohol line. Leave the jar in a dark place and shake it every few days so the herbs release all their goodness into the tincture. After about two weeks, strain the mixture using a coffee filter and a funnel into a dark (amber or blue), airtight jar. You now have a tincture that will last 7-10 years.

Infusions are similar, but you use water and a much shorter time frame than for tinctures. Mason jars are best for this as they are airtight and since infusions do not last long. Fill your mason jar about halfway with the herbs and add boiling water to them. Seal in the jar overnight and strain your herbs into a clean mason jar (coffee filters work here, too). Use the infusion to drink, add to your teas, water plants or for herbal remedies.

Day 26: Holistic Healing Remedy

This is something you can either have every day or as soon as you start to feel sick. Cinnamon and honey are the two most powerful, natural remedies for a whole host of illnesses. It is best for upset stomachs, sore throats or chest colds. You can use cinnamon sticks or purchase cinnamon tea (Harney and Sons makes a delicious Hot Cinnamon Spice tea). Steep your cinnamon in hot water for 10 minutes before adding honey. Honey coats and helps heal your throat while cinnamon soothes upset stomachs, opens blood vessels and improves breathing. By no means should this be a substitute for western medicine, but it can help speed up the process and/or alleviate many symptoms.

Day 27: Raising Energy

For any kind of spell to work, you must raise energy. All magick is energy gathered and released for your intent. This is a vital exercise to master for all spell crafting. You can raise energy in many ways. The concept is to be a conduit and let energy flow through you (or, in some cases, to you) and release when you are ready. Trying to use all of the energy within you by tensing your muscles will be exhausting and counterproductive. You can raise energy through visualization, music or dancing (like in the Native American section from the first week). Remember to keep your body fluid when receiving energy by letting it flow through you.

Find some music such as drum beats or new age style that will help you tap into the divine energy. Some even like to pick a rock tune that makes them feel a certain way. I had a friend who loved to play “Don’t Fear the Reaper” during Samhain rituals. Once you start your music, close your eyes and visualize energy coming up through the earth, through the floor and into your feet. Drawing energy from the earth is very powerful; you can also draw it from the heavens or the universe by conversely visualizing it coming in through the top of your head from the sky. You can feel the energy within you, almost like a tingling or buzzing feeling. Keep the energy within you for a few minutes while thinking about your intent. When you are finished, kneel and place your hands on the floor, sending the energy back to the earth if that is where you drew it from. If you drew it from the universe or sky, release it by thrusting your arms upward and send it back into the sky. Remember to always say thank you afterwards. It can be a heady feeling depending on how much energy you pulled in. After raising and releasing energy, it is good to have a small snack such as a drink and some crackers to ground yourself back to earth and to bring your senses back to normal.

Day 28: Recap Your Week

Have your journal handy and reflect on this past week. Ask yourself the following questions:

What was your favorite activity this week?

Why was it your favorite?

Choose one activity to research and practice further.

The Final II – Twin Magick

It has been a wonderful journey sharing the things I have learned over the years with you. I hope you have gained a sense of empowerment and confidence in addition to a stronger connection to the divine. Put all of that knowledge together for the last two days so that you can continue on your journey down the path you are carving.

Day 29: Using the Internet Intelligently

Have you heard the expression “Don’t believe everything you read?” This phrase is doubly true for the internet! There are some very informative and handy sites. Both Witchvox and Christopher Penczak’s website are great places to visit for research. Do lots of research when you read something and do your best to verify it from multiple sources. It is better to have a well-rounded view on something than just take one person’s word for it. There are many books out there on paganism, witchcraft and variants of the nature-based religions. Pick a few from different authors and perhaps sprinkle a little Buddhism or Native American works in there, as well.

Day 30: Piecing It All Together

You have many pages already filled in your journal. This serves as the start of your very own Book of Shadows. Continue keeping good notes on what works, what feels good and what resonates the strongest with your soul. Tweak things that we have done and continue to learn and grow every day. Stay connected to the divine, even if it is for only 15 minutes every day. Best of luck on your journey and blessed be!

About Nihilism and Chaos Magick

The classic mantra “Nothing is Real, Everything is Allowed” may erroneously be assumed to hold a nihilistic slant, suggesting that life has no meaning or is useless. This does not fit with true nihilism since belief that life has no meaning does not, in fact, permit “all things.”

Nihilism can also be confused with the cognizant teachings of Buddha, in the context that the teachings of Buddhism lead to an understanding of “vacuity.” But, in fact, Buddhist vacuity is the paradox of true nihilism: emptiness implicitly implies an unlimited opportunity and reciprocity of life, both of which nihilism openly rejects.

The notion of “Nothing is Real, Everything is Allowed” may actually lean toward a more Existential understanding. Existentialism belief states that the notion of truth in culture and spirituality dissolves as you learn that they are merely built upon imagination and not in reality.

The characteristic that defines the differences between a Christian Existential like Kierkegaard (the sheer lunacy of reality demands a concrete belief offered by religious faith) and a nihilist (if reality is only a dream, then nothing else is real and life is meaningless) is how they actually use the knowledge.

In Existential thought, the most illiberal position based in certainty is simply to not know. There really is no way to truly know. With this line of reasoning, the concepts of integrity and morality actually stand. They make sense in a temporal way and chemicals in the brain may demand decency anyway (so we will roll with it). Just because ethics are no longer convenient, do not assume they do not exist!

Basic Sigil Magick vs. New Age Techniques

The late Austin Osman Spare created the technique called Sigil Magic from his own observations of magical and occult practices in use during his lifetime. He determined what worked and what failed. His conclusions can be condensed into a simple formula: DESIRE + FAITH + ‘GNOSIS’ = SUCCESS.

‘GNOSIS,’ as used in Chaos Magic, simply means a “heightened state of consciousness where there is no thought.” Many activities can trigger gnosis: meditation, sexual orgasm, religious “filled with the spirit” or absent-mindedness from exhaustion or everyday life.

FAITH is a concept more easily grasped by some. However, even for people with little experience with traditional faith, it is usually not an issue. Many religions teach that faith is a WiFi connection to the supernatural. Although many religions try to convince you that “enough faith” is an impossible feat, ignore them. If you have enough imagination to enjoy fantasy in film or printed word or to have a moving experience from any sort of rite or commemoration, then you have ample faith to practice magic. Faith, as we know it, is not psychological; it is emotional. Whatever allows you to feel magical is fine.

DESIRE is frighteningly simple. Why do you want to use magic? No matter what the answer, it is only a method to reach a goal. The end result is what you are really after, not the method. If you want wealth, consider this: a wealthy person in the factual sense really does not want monetary gains. These people are usually not affluent, but possess a more Buddhist sense of wealth; they are not shackled to material gains. In order to be affluent, focus on your end goal, not the money needed to achieve it. If you still want massive prosperity, you can focus your full desire to the goal, but remember the results are usually not what you had anticipated.

So, what is so special about sigil magic? And why can't we use other types of magic like the Law of Attraction, hoodoo or traditional practices from Aleister Crowley or the Golden Dawn? Because your brain will interfere and cause you to fail.

Desire is a complicated sentiment and is almost always polarized. For example, though you may yearn for change, there is a part of your mind that fears and resists it. Even job successes may be lost due to the tug of war in deciding whether the gain is going to be worth risking any problems that *may arise*.

Impatience is another stumbling block that sabotages success. Simply stated, the more you want something, the less it is likely to happen because your mind is consumed by the lust for results. Your magic will rarely work under these circumstances. The best magicians assume a lackadaisical attitude. Sigil magic works well to reduce the issue of impatience to a minimum.

Skepticism is another antagonist to magical success. One may possess a "psychic censor" that doesn't believe in magic. Instead of fighting the desire to dismiss magic, just accept and work with it.

Modern sales and marketing mantras include the "new thought" LOA, NLP and power of positive thinking techniques; they all try to control thought processes. Because thoughts are rarely orderly and are often muddled, they are difficult to control. Adding to the problem is a lack of proper thought-control training. The most effective techniques seem to come from Zen Buddhism practices. But on a positive note, most magick does not utilize much thought!

Sigil magic completely eliminates thought from the equation. A sigil masks the true desire, so thoughts are not even involved. All the hard work is handled by the subconscious mind.

The technique for using sigil magic is very easy and consists of 3 steps:

1. Write the statement expressing what you truly desire. *Be careful with your wording!* As in fairy tales where wishes went awry, the sigil will provide *exactly* what you ask for.
2. Identify all the letters and characters in your sentence from step 1.
3. Use all the characters and letters from step 2 to create some image. You may elaborate on the image or you may leave it simple.

You can create sigils for strong desires or simple things you wish for. Just keep them all together without your original sentence; your subconscious brain will remember what they are for even if you have no idea! Since you don't actively remember what the desire was, the meddlesome thoughts are unlikely to cause mayhem. This technique also minimizes interference from the "psychic censor" that says magic is not real, a notion that actually reduces your expectation for results (effectively eliminating the lust for results).

Once you have created your sigil, you must "launch it," primarily through gnosis. Many different methods are used to achieve gnosis including masturbation, holding uncomfortable positions for a long time or exhaustion from a myriad of activities. You may also launch a sigil by chanting the anagrams as a mantra or creating nonsensical anagrams from the characters in step 2.

Sometimes, it may make your sigil stronger if you incorporate symbols of your faith into the image. Christians could incorporate a cross, for example, as it will strengthen your capitulation to God's will. This can

alter the sigil into a type of prayer.

It is important to mention here that sigil magic is a new process and is open to experimentation! If you do choose to practice sigil magic, it could be useful to keep a magic diary by recording magical spells (sigils) and results.

Take heed, though. When you first begin to practice sigil magic, it would be wise to begin with desires that are simple in nature and fairly easy to attain. The more aggressive the goal, the more time and happenstance will be needed for success. If you see easy success early on, your faith in the practice will grow, strengthening your sigil magic.

Although sigil magic works, it cannot function without common sense. If you sigil to find your soulmate, approach people you are actually attracted to. In business, if you sigil for a prosperous business, invest your earned money wisely (equipment upgrades, marketing or other sound business practices).

Sigil magic works, but you have to help it. If you do nothing, the magic may bring your desired result by very undesirable means (i.e. becoming rich when your parents are killed in a freak accident). Use common sense and strive toward your goals using sound advice and logic. This magic will transform your life, so good luck and have fun!

Love and Sex Magick

The beauty of sigil magic is that it works for any desire and hormones can trigger some pretty strong desires! Unfortunately, these desires can interfere with other forms of success.

We all know that love magic is traditionally manipulative using sympathetic magic. We can conjure spells creating a psychic link by using the desired person's personal articles like a lock of hair or even dirty undergarments. Hoodoo even has a technique where you add very intimate bodily fluids to food or drink that you offer to the desired person, causing them to become emotionally attached to you.

While this is all well and good, it still uses manipulation. The magick works and is strong, but there is a down side: are we really rational enough to choose the right person for us to start with? I would say most of the time we are not.

As we discussed, the key to effectively using magic is to figure out exactly what you want. The person we desire is a fantasy version different from the real person. The fantasy is a form of desire.

Why may we not have the person we want? Obviously, they don't want us. Allow your feelings to evaporate by accepting this reality. How does this help? According to chaos theory, somewhere out there is a person who does want us.

Direct magick will help you find someone who wants you as much as you want them! Basically, the technique opens a door to fulfillment. If you do not limit your choice of candidate, magick will single the right person out of the herd. If you are already interested in someone, magick can verify promise in the relationship or, if not, produce another for you.

In conclusion, the traditional forms of manipulative love magic (like Hoodoo) do have a place: in already committed relationships. The magic

will work with the vows or promises already established.

It is common knowledge that married people get hit on more often than singles. Why? To put it simply, married people are not looking and are therefore more attractive. If a person is openly suggesting interest in becoming attached, it triggers our defense mechanisms and resistance.

Again, we need a magickal practice that can eliminate desire out of the equation. As in financial success, desire for results is a major saboteur. If we can harness the Law of Attraction in a way that focuses our belief of the power of magick, then we have a winning combination.

While sigil magic works to eliminate desire out of the process, it is not very specific in regards to a particular person. We may have to disable the blindness of the technique.

There are many online resources offering genuine Hoodoo love and sex spells. You can increase the power of the spell by etching your love sigil into the candle.

If you are at ease practicing magick or Hoodoo, or are on board with Chaos Magick, then you may want to try your hand at a spell. Feel free to improvise as you wish, but here are some suggestions; you may use all or some--it's up to you.

- Numerology states that the ideal number for love and sex is two. You may wish that the date can be reduced to two. If you are in harmony with the lunar cycles, a waning moon can lose loneliness while a waxing moon can bring love. Ignoring lunar cycles does not harm the magic, so use your judgment.

- Candles: you may place a sigil inside a candle, etch the sigil onto the wax or place the sigil under the candle. In any case, the sigil will be consumed by the fire.

- Red candles signify passion and white candles signify commitment and love. Use one or both.

- Rubbing a candle with scented or essential oil (also known as “dressing” it) can add to the spell. Traditional scents are vanilla, cinnamon, sage, lavender, patchouli, violet and rose. Use caution. Essential oils can irritate the skin, so it is advisable to wear protective gloves.

- Visualization: act out the romance with male and female lodestones or figurines. Lodestones are magnetic and their “coming together” can be used as sympathetic magic. You can also add iron fillings as magic sand to “feed” the magic.

- You can burn incense, as well. You may use one of the aforementioned scents of vanilla, cinnamon, sage, lavender, patchouli, violet and rose. You may also use traditional Hoodoo love incense.

- You can always use sexual orgasm to launch sigils or magic spells; it is extremely powerful for love and sex magic.

-Personal bodily fluids such as blood, semen or vaginal juices can be added to candles to impart strong sympathetic magic on someone. It is advisable to only use this if you are married to the person.

-It can be very effective if someone else casts the spell for you.

Achieving Gnosis: The Easy Way

While many people achieve altered states of consciousness by getting high, this is unnecessary; we can achieve altered states of consciousness on our own.

The brain experiences different patterns of brainwaves throughout the day:

- Beta: awake and busy with daily activities
- Alpha: relaxed and contemplative state
- Theta: deeply relaxed state; commonly associated with meditative and some sleep states
- Delta: deep, dreamless sleep state

Research has found that many brain functions work best with theta brain waves. Gnosis would be considered to be a theta brain wave state and can be achieved by various methods throughout the day.

There is a technique called “entrainment” that produces certain brainwave states. Listeners can induce theta brainwave states by listening to the particular frequency associated with theta brainwaves (4-8 Hz).

If two different but similar frequencies are heard through earphones (one frequency in each ear), the brain gets confused and creates an imagined 3D audio sound heard only in the listener’s head. This is called a binaural beat.

However, if the same frequencies are used in a speaker setup, the

ears actually hear the effect. This is called a monaural beat, which is considered to be superior for entrainment purposes. Any binaural beat can become a monaural beat solely by using speakers instead of headphones.

Studies have shown that the entire body responds to binaural beats. For example, the pituitary gland floods the system with “feel good” hormones like dopamine while listening to binaural beats.

As with all magical techniques, if you try this, believe it works and expect a good outcome. You can even accent or trigger gnosis. But because the brain is an active participant, your attitude and beliefs can have a profound effect on your experience.

To increase the magickal power of your sigil launch, you can listen to binaural beats while masturbating. This will include the power now unlocked through your theta brainwave state.

Skeptical Magick

What is luck? Isn't magick also a coincidence? What actually makes a coincidence? The answers are context and awareness.

You probably think coincidence is rare because your recognition of coincidence is sporadic. To test the theory, try bibliomancy (although any book will probably work). Close your eyes and ask a question you want answered. Open the Bible and put your finger anywhere randomly. The passage will surprisingly be related to your question as long as you abandon that "psychic censor" and imagine that the book could actually reply.

What is magick? Simply, it's employing an elixir vitae and intellectual sharpening to achieve a goal, whatever that may be.

Magick may not be metaphysical. It can be metaphysical and that notion definitely strengthens the elixir vitae and the intellectual sharpening.

Are elixir vitas, or sugar pills, real? Even if you are skeptical, placebos are continually used in medicine, given to patients telling them it is a wonderful medicine. In fact, any new drug has to outperform placebos in clinical trials if it hopes to become patented.

Placebo effects are sometimes difficult to beat as they can cure the worst illnesses. Another "pseudomedicine" homeopath, has no sound scientific support, but it works; perhaps it's due to the placebo effect?

If placebos actually work, imagine what would happen if you could apply that power to any aspect of your life.

Intellectual sharpening just means planting an anticipated outcome into someone's head. How can this help? If you expect an outcome, you will be more aware of opportunities that can help you achieve your goal. There is a fine line between success and failure. This psychological honing can be the boost your confidence.

Let me speak again of MAGICK, not of sugar pills and intellectual sharpening. Why? Because magic is your employment of sugar pills and intellectual sharpening to achieve any goal you wish. It doesn't matter what form of magic you employ; it works!

To ensure success, you must know what you want, believe in the magical powers you employ and disengage your ego through gnosis as encountered in meditation, sexual orgasm, exhaustion and rapture from ceremony.

Instead of asking about the veracity of magick, ask yourself why you are not using it. It could improve your success if you employ it!

Keeping the Magick Strong

The topics covered in this manual are put together with the intent to bring you into alignment with the empowering and loving nature of your universe.

With the acknowledgement of these spiritual gifts, you will be able to more consciously utilize the amazing power of magick.

Remember to revisit this powerbook often, for the human brain is trained to learn and assimilate new behaviour by way of repetition. This is the key to activating the empowering beliefs that lay within.

Feel free to share any personal reflections on this book by **leaving a review**. We are also looking for personal stories of triumph for a future book called *Empowering Stories, For Empowering Lives* due out later this year.

You can sign up for updates on this and other books of empowerment and love at <http://www.miketisdalepublishing.com>.

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